

NUTRITION

Eating Well as We Age

Many older adults face nutrition challenges that may cause them not to eat a balance diet. Many of the challenges stem from not being able to chew foods properly, digestive problems and cooking foods. However, there are alternative measures to help assist older adults receive the nutrition they need from foods without compromising their health. If you are a caregiver for your older family member these tips could help.

Problem: Can't chew

Instead of	Try
Fresh fruit	Fruit juices and soft canned fruits, like applesauce, peaches and pears
Raw vegetables	Vegetable juices and creamed and mashed cooked vegetables
Meat	Ground meat, eggs, milk, cheese, yogurt, and foods made with milk, like pudding and cream soups
Sliced bread	Cooked cereals, oatmeal, rice, and bread pudding

Problem: Upset stomach

Instead of	Try
Milk	Milk foods that may not bother you, like cream soups, pudding, yogurt and cheese. Lactose free dairy and soy products.
Vegetables like cabbage and broccoli	Vegetable juices and other vegetables, like green beans, carrots and potatoes
Fresh fruit	Fruit juices and soft canned fruits

Problem: Can't cook

- Use a microwave oven to cook TV dinners, other frozen foods, and foods made up ahead of time by the store.
- Take part in group meal programs offered through senior citizen programs. Or, have meals brought to your home.
- Move to a place where someone else will cook, like a family member's home or a home for senior citizens.

To find out about senior citizen group meals and home-delivered meals, call 1-800-677-1116. These meals cost little or no money.

